# MOGULS SKILLS ASSESSMENT – ACROBATIC – RUBRIC

**Straight Bounce Trampoline**

Skill description: A set of 20 bounces. Straight bouncing on the trampoline bed (Olympic trampoline). Bouncing technique with an arm swing circle.

Scoring: Qualitative assessment scored on proficiency of skill displaying correct **body positions (entry to bed, bottom of bed, exit from bed), body stacking, amplitude, balance, timing, body tension.**

| Score | Criteria |
|---|---|
| 9 to 10 | Able to bounce VERY high, remaining in the centre of the trampoline for the entire set with smooth flow, consistent full extension and a tall tight body line. |
| 7 to 8 | Able to bounce high, remaining in the centre of the trampoline for the entire set with smooth flow, consistent full extension and a tall tight body line. |
| 6 to 5 | Able to bounce high, remaining mostly in the centre of the trampoline for the entire set with smooth flow, consistent full extension and a tall tight body line. |
| 4 to 3 | Able to bounce low, remaining mostly in the centre of the trampoline for the entire set with smooth flow, consistent full extension and a tall tight body line. |
| 2 to 1 | Able to bounce low, remaining mostly in the centre of the trampoline for the entire set but without smooth flow, consistent full extension and a tall tight body line.present |
| 0 | Unable to demonstrate a full set of straight bouncing with an arm swing circle technique |

**180 Trampoline**

Skill description: 180 degree rotation on an Olympic trampoline with the focus on minimal spiral segmentation, smooth rotation, vertical axis and no drift from the center of the trampoline bed.

Scoring: Qualitative assessment scored on amplitude, vertical body stacking, body tension, extension, axis, a high emphasis on minimal spiral segmentation!

| Score | Criteria |
|---|---|
| 9 to 10 | Able to execute a very smooth, high 180 with smooth rotation, on axis in the centre of the trampoline bed with almost no spiral segmentation identifiable even in slow motion video. |
| 7 to 8 | Able to execute a smooth, high 180 with smooth rotation, on axis in the centre of the trampoline bed with almost no spiral segmentation identifiable even in slow motion video. |
| 6 to 5 | Able to execute a smooth, high 180 with smooth rotation, on axis in the centre of the trampoline bed with minimal spiral segmentation identifiable. |
| 4 to 3 | Able to execute a smooth, high 180 with smooth rotation, on axis in the centre of the trampoline bed with spiral segmentation identifiable through take off. |
| 2 to 1 | Able to demonstrate a smooth 180 on the trampoline but spiralling, incorrect body stacking, and/or balance and axis are lacking. |
| 0 | Unable to demonstrate a 180 in the centre of the trampoline bed |

**Back Drop Trampoline**

Skill description: A back drop on the trampoline bed (Olympic trampoline)

Scoring: Qualitative assessment scored on proficiency of skill displaying vertical extension, body stacking, separation of take off and in air adjustments for rotation and amplitude

| Score | Criteria |
|---|---|
| **9 to 10** | Able to smoothly execute a high amplitude back drop holding very close to a vertical line when leaving the trampoline bed and holding a straight line through to the apex before making body adjustments for rotation and landing smoothly in the middle of the back on the centre of the trampoline bed |
| **7 to 8** | Able to smoothly execute a medium amplitude back drop holding very close to a vertical line when leaving the trampoline bed and holding a straight line through to the apex before making body adjustments for rotation and landing smoothly in the middle of the back on the centre of the trampoline bed |
| **6 to 5** | Able to smoothly execute a low amplitude back drop holding very close to a vertical line when leaving the trampoline bed and holding a straight line through to the apex before making body adjustments for rotation and landing smoothly in the middle of the back on the centre of the trampoline bed |
| **4 to 3** | Able to smoothly execute a back drop but unable to hold a vertical line when leaving the trampoline bed and/or separating take off extension and body adjustments for rotation to landing |
| **2 to 1** | Able to execute a back drop which does not appear confident and unable to hold a vertical line when leaving the trampoline bed and/or separating take off extension and body adjustments for rotation to landing |
| **0** | Unable to confidently execute a back drop on the trampoline |

**Upright Jumping On Skis**

Skill description: Execute (on water jump) t sets, twisters and daffys.

Scoring: Qualitative assessment scored from side on consistency of take off, a take off which loads and releases pressure level out of the curve, separation of take off and trick, animated execution of trick and landing technique

| Score | Criteria |
|---|---|
| **9 to 10** | Able to consistently execute (with good load and release of pressure on take off) a t set, snappy separated twister and daffy. |
| **7 to 8** | Able to inconsistently execute (with good load and release of pressure on take off) a t set, snappy separated twister and daffy. |
| **6 to 5** | Able to execute (with some load and release of pressure on take off) a t set, separated twister and daffy. |
| **4 to 3** | Able to execute (without any load and release of pressure on take off) a t set, separated twister and daffy. |
| **2 to 1** | Able to execute (without any load and release of pressure on take off) a t set, twister and daffy but with difficulty separating take off and trick. |
| **0** | Unable to execute one or more of t-set, twister, daffy |

**Back Tuck On Skis**

Skill description: (on water jump) a back tuck

Scoring: Qualitative assessment scored from side on ability to consistently execute a back tuck by stacking the body vertically and loading and releasing pressure out of the curve / standing up on the take off, holding the take off, control flip rotation, clean and sharp execution of tuck and kick out to a tips into water landing.

| Score | Criteria |
|-------|----------|
| **9 to 10** | Able to consistently execute a back tuck by stacking the body vertically and loading and releasing pressure out of the curve / standing up strong on the take off, holding the take off, controling flip rotation, clean and sharp execution of tuck and kick out to a tips into water landing. |
| **7 to 8** | Able to inconsistently execute a back tuck by stacking the body vertically and loading and releasing pressure out of the curve / standing up strong on the take off, holding the take off, controling flip rotation, clean and sharp execution of tuck and kick out to a tips into water landing. |
| **6 to 5** | Able to execute a back tuck by stacking the body vertically and building some pressure in the curve on the take off, holding the take off, controling flip rotation, clean and sharp execution of tuck and kick out to a tips into water landing. |
| **4 to 3** | Able to execute a back tuck by stacking the body almost vertically but unable to hold pressure through the curve on the take off, holding the take off, inconsistent control of flip rotation, somewhat clean and sharp execution of tuck and kick out. |
| **2 to 1** | Able to execute a back tuck but does not stack body vertically through curve and unable to hold pressure through the curve on the take off, does not holding the take off, inconsistent control of flip rotation, not clean separation of tuck and kick out, inconsistent or not present tips into water landing. |
| **0** | Unable to execute a back tuck consistently on water to a level where it is safe to execute on snow |